



Chi Nei Tsang® 5 Organ 2nd Brain Massage



A massage to reconnect, cleanse and heal our Second Brain

Chi Nei Tsang, also known as Taoist Belly Massage, combines well with other forms of healing and bodywork, but you don't have to be a therapist to start your training!

01 What does the name Chi Nei Tsang mean?

"Chi Nei Tsang" means Chi Energy
Nei Internal
Tsang Organs

literally means then energy or energetic massage of the vital internal organs



02 History of Chi Nei Tsang Massage

Chi Nei Tsang has been passed down over thousands of years of experience. This art of massage evolved at a time when there were few doctors and the people had to know how to heal themselves. Derived from Traditional Chinese medicine, this massage was further developed by the Taoist Master Mantak Chia who integrated and surrounded it with the support of the 9 energy formulas of internal alchemy.

03 CNT is part of an Energy University called Universal Healing Tao Switzerland

The Chi Nei Tsang is therefore inseparable from the energy practices within the Universal Healing Tao Switzerland. We are energetic beings if we like it or not and each single cell in our body needs energy.

04 What is Chi Nei Tsang Internal Organ Massage about?

Taoist sages observed that humans often develop energy blockages in and around their internal organs that result in knots and tangles in the abdomen. Constricting the flow of chi, eventually physical ailments can result.

Chi Nei Tsang, or CNT, is an ancient form of massage that detoxifies and re-energizes the whole lower abdominal zone. Further more this massage presents its own understanding and approach to healing as it blends Chinese and Thai massage and meditation techniques, making it truly different from any other healing modality. Chi Nei Tsang is therefore full of both new ideas and old healing methods and is also conveying self-healing practices and ways to avoid absorbing negative and sick energies from others.



05 Why is it such a powerful Massage?

Our lower abdominal zone is the seat of all the darkness, murkiness, unconsciousness and presents therefore the greatest potential for healing, purification and personal as well as spiritual growth. Chi Nei Tsang is a wonderful and easy soft way to reconnect with his belly and his messages and is therefore a great way to reduce our physical, mental and emotional stress.

" Both soft and deep, he relieves and reopens the navel area - our center, our origin, our first cell, where it all started and where, over the months and years so many tensions have been accumulated. When this important energy center is open, the chi (or life energy) can flow freely again in the rest of the body and the pulse of our organs is reactivated.

Because CNT is part of an energetic practice system it is a two-way stream - one supports the other and vice versa. So Taoist practices such as Qi Gong or Tai Chi are also supported by Chi Nei Tsang: by freeing the abdomen from its tensions, massage facilitates the localization and feeling of our center, called Tan Tien (or Hara in Japanese). Located under our navel, the Tan Tien is our center of gravity: it is from here that martial arts practitioners initiate their movements. This is also where the original energy is stored and where you can reconnect and find that feeling of being one and connected: "It's like going home," says a student, his hands resting on his Tan Tien.

06 Why is it useful in the CNT Massage to go through a sequence of 5 Sessions and how do the 5 Sessions unfold themselves one after the other?

For major cleaning, it is recommended to do five consecutive sessions, five as our five major vital organs. The 5 Organ system operates normally as a team - what one does affects the other - in the good as in the bad. As the abdominal area is also responsible for a smooth digestion, absorption and elimination it is extremely important that the 5 Organs work all at its peak to guarantee this harmonious inner teamwork.

- Phase 1 Both soft and deep, it starts from the navel – our center, our origin, our first cell, where it all began and where, over the months and years, tensions have accumulated. When this important energy center is opened, chi (or vital energy) can again flow freely through the rest of the body and the pulse of our organs is reactivated. The first techniques apply to the center of the body, the navel. In this region, negative emotions, stress, tension and illness accumulate and become congested. When this happens, all vital functions stagnate. The use of Chi Nei Tsang techniques in and around the navel area is gives quick and permanent results, while many other massage techniques apply only to the extremities of the body, away from the navel and organs. By focusing on the abdominal center, Chi Nei Tsang acts where universal, cosmic and terrestrial forces are combined and stored.
- Phase 2 Then comes the cleaning phase or detoxification organs. We start by detoxifying the skin, and move layer by layer to the intestines, small and large intestines, relieving tensions and also activating the flow of energy and blood by a pumping action.
- Phase 3 We then move to the Middle Burner, clearing the Liver, Gall Bladder, Pancreas, Stomach and Spleen
- Phase 4 Next are the Heart and Lungs, also relieving the diaphragm
- Phase 5 We finish by the Kidney, Adrenal glands and psoas muscle to relieve lower back pains. For those interested there are also techniques to address the Uterus, Ovaries or Prostate Gland
- Results The results that can be expected are among others:
better digestion and better transit with the relief of constipation, diarrhea, bloating, acid reflux or cramps
for women, a decrease in premenstrual and gynecological symptoms.
A light and relaxed belly
New vitality and a higher state of health.

07 The only faculty that cannot lie is our body – especially the belly and its organs never lie

The belly never lies. When something goes wrong, he lets us know: a lump in our stomach when we are stressed out or anxious or have trouble digesting an event, bloating when something "inflates" us, gurgling when we are agitated. When everything is going well, he also gives us confirmations, we know it "in his guts" and when we are in love, we feel butterflies.

08 Human emotions are responsible for 70% of our inner level of toxins, pain and suffering

According to many scientific studies emotions are now recognized as one of the main causes of toxicity in our bodies. It is said that it causes most illnesses if not all. It is for that reason that the Taoist practices have a major focus on the 5 vital organs because contrary to the west the east discovered the root of our emotions to be connected to our 5 major organs. It is for the same reason that the Chi Nei Tsang Massage is accompanied and supported by self-healing tools and during the sessions, the practitioner recommends exercises of self-massage, breathing or energy meditations with the aim and focus to enhance potential and the capabilities of each organ to function at its peak - hence to reduce the emotional stress and inner levels of toxins.

For example, the Six Healing Sounds support the effects of massage and avoid repeating the same symptoms – or creating new ones – through a profound transformation. It is a very practical, simple but extremely powerful technique that involves sound and movement to detoxify and put the organs back in an emotional balanced state. The vibration of the sound can turn a negative emotion into a positive emotion or virtue. For example, the sadness can be transformed into courage (lung), anger in generosity (liver) and fear in serenity (kidney). You will be able to free your belly from all the stress that has accumulated there. This simple energy meditation can be easily integrated into our Western way of life and a feeling of deep harmony. Practiced before going to bed, she can find a restful recuperative sleep.

These Six Healing Sounds serve further as a recycling tool and we learn that way not to pour our emotions onto others, which could be compared to empty our trash on the heads of passers-by and to let them then do the recycling. But when we begin ourselves to compost our own garbage we will also see improvements in our close relationships towards more love, understanding and joy.

09 Science is supporting the Chi Nei Tsang Massage

In traditional Chinese medicine (TCM), the brain has a secondary role: the psychological and emotional functions depend on the organs. Chinese tradition distinguishes five visceral and psychic entities. For example the Hun Soul belongs to the liver, he directs his dreams and emotion is anger Zhe belongs to the kidney, it governs will and emotion is fear.

In TCM the imbalance of an organ may therefore be a mental or emotional disorder is inversely. "Our gut is like a face. He is the head, he's happy ... he of moods "says Emeran Mayer, professor of medicine, director of the Center Stress Neurobiology at the University of California, Los Angeles.

"Our two brains, one in our heads and in our guts that must cooperate. If there is chaos in our belly and misery in our head." The quote is from Michael Gershon, professor in the Department of Anatomy and Cell Biology, Columbia University, New York and author of the book "The Second Brain". Researchers now confirm: our belly is our "second brain", it even contains more neurons than our first brain (more than 200 million neurons in the ENS, enteric nervous system). "The digestion process is so complex that you need a very important nervous system to control and operate," says Michael Gershon.

Western science also recognizes today that our stomach has a fundamental impact on our moods: "When I wrote my book "The Second Brain" 14 years ago, I had no idea of the importance of serotonin in the digestive system. But now we know that 95% of serotonin is produced in the gut! In the central nervous system, this neurotransmitter is involved in the regulation of mood, appetite, sleep etc. ..." (Michael Gershon).

10 Benefits, Outcomes and Results and personal evolution for people receiving the Massage?

As in olden times the situation remains the same. Chi Nei Tsang allows people to take full charge of their health and well-being. By receiving this powerful massage over a certain period of several weeks gives the people who receive the massage the possibility to explore in a safe environment how their 5 Organs function and how important they actually are for their overall health and well being. They will discover for example self-empowering healing techniques such as self belly massage to release tensions and facilitate digestion.

Chi Nei Tsang is therefore more than just a massage. Accompanied by these self-healing tools, it reconnects us with our own healing power: after all, there is no better healer than ourselves. To practice Chi Nei Tsang is to take charge of your health. Become responsible. And create our reality.

Overall benefits are best expressed as a 4-Dimensional Health State where you experience relieve and improvement on all 4 Dimensions:

Physical	Improved digestion, better transit with the relief of constipation, diarrhea, bloating, heartburn or cramps, for women, a decrease premenstrual and gynecological symptom. A light and relaxed belly.
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Increased energy and vitality, energy boost
Deep relaxation, improved breathing

Mental	Facilitates concentration which allows us to see more clearly and to reconnect with our intuition: do we not say: we know "in our guts" when something is right or not?
Emotional	Balance and harmony, relief from emotional toxicity
Spiritual	Connectedness, alignment, centering

11 What is a CNT 1 - 1st Cycle Trainee learning and benefiting from?

First of all a CNT 1 1st Cycle Trainee is benefiting in the same way as any person receiving the full 5 Massage Sessions yet on a even deeper level because the "training environment".

By learning approximately 40-60 Chi Nei Tsang techniques applicable to the navel, organs you will be able to facilitate deep release, clearance of blockages, elimination of toxins, excessive heat and negative emotions from the abdominal area of a given person.

Participating in the 1st Cycle Training qualifies you to enter a program leading to certification through submission of practice case studies.

12 Benefits Outcomes and Results for personal evolution for people becoming CNT Practitioners?

After 15 years of working exclusively with Chi Nei Tsang as well as having certified Practitioners in Switzerland and in Europe, assisting Master Mantak Chia and following closely his development of the Chi Nei Tsang techniques, I can see how many therapists have prevented a burn out as well as have been able to be so much more in service to the people by supporting them to take care of their own health on daily basis.

Chi Nei Tsang Practitioners have never to worry of not having enough work because with the increasing speed of life, the stress and the fast foods everybody has problems with the digestion, absorption and elimination as well as the self-management of their emotions.

13 Final personal word about the CNT Massage

Chi Nei Tsang is a wonderful massage technique and goes much further as a deep tool for self-transformation. It's life changing!

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